

Sweet Soles

Paige Bourland: pebourland@mcs.k12.mi.us
Fiscal Agent: Manchester Community Schools
Funds Granted: \$4,000
Funds Used: \$764.04

Intervention Start Date:	Intervention End Date:	Date Funding Received:	Element:
June 15th, 2017	August 4th, 2017	6/20/17	Move more; connect with others

Key Evaluation Data

Number of participants (P): 27

Time each participant spent at each event (T): 2 hours

Number of events held (N): 20

$P \times T \times N = 1,080$ units of engagement

Number of Survey Monkey Evaluations Collected: 15 of 27

Although reporting of Garmin or Activity Tracker information was suggested, participants did not choose to share this information.

Of the participants, 9 attended over half of the offered events.

Goals: All

- Did the intervention meet specific goals listed on the intervention table?

The intervention did meet the goals of increasing physical activity rates, reducing youth screen time rates, eating healthier, and encouraging residents to connect and be supportive of one another. The intervention nearly met the goal of 30 participants.

- State what you tried to accomplish

Sweet Soles was created to change poor eating habits and physical inactivity by developing healthier habits.

- How did you measure progress towards the goal?

We measured progress towards the goal by increasing distances run by participants and through a survey at the end of the program.

Goals (continued)

- Was the goal attainable?

Yes, Sweet Soles accomplished goals through providing a running group that met three times a week as well as encouragement for healthy eating via social media..

- Describe how the goal was relevant to the coalition and community wellness related needs

The goal was relevant to the coalition and community wellness related needs by increasing physical activity amongst students and adults, reducing youth screen time in Manchester, encouraging residents to connect and be supportive of one another, and eating healthy.

Were there any major accomplishments?

Yes, there were major accomplishments. One of the major accomplishments was how, in the end survey, the majority of participants stated that they felt healthier after completing the program.

Another major accomplishment included the positive responses that participants had been more active as members of Sweet Soles.

Setbacks

A major setback was when participants could not consistently attend Sweet Soles activities.

We addressed this by routinely offering the program on two weekday evenings and also a weekend morning every week. We encouraged more participation through word of mouth and Facebook. In addition, several members walked as a Sweet Soles group in the Sesquicentennial Parade to make the Sweet Soles Program more visible to the community. Small informational papers with the Sweet Soles logo, email contact, and Facebook page address were handed out as a form of recruitment for next year.

Media

Facebook link:

<https://www.facebook.com/Sweet-Soles-1158159984306874/>

Newspaper Article*

Sweet Soles Posters*

Photos*

*Hard copies will be displayed

Expenses Report

Expenses:	Revenue:	In-Kind:
*\$32.84 for Finisher Ribbons		40 Volunteer Hours
*\$439.60 for Garmin Vivofit Trackers (8)		Food and water donated to the first few events
*\$21.60 for Food at the end 5K		
*\$270.00 for Sweet Soles T-shirts (27)		

The original proposed budget allowed for Garmin Vivofit Trackers and T-shirts for up to 50 participants. The Track Timer had been repaired, so there was no need to replace. This timer was used for the Sweet Soles 5K. Next year, funding could be helpful for a Sweet Soles banner, additional posters/flyers, and possibly advertising.

Intervention Information

Primary Goal:

The primary goal of Sweet Soles is to engage high schoolers and adults in an active fitness program that will get them healthier through healthier food choices and increased physical activity.

Description:

Sweet Soles is a program that will teach the participants how to prepare, train, and follow through on running or walking program, and includes a Couch to 5K program.

Target Population:

High schoolers and older; younger participants with parental supervision.

Survey Monkey

There was >50% response rate in our End of 2017 Program Evaluation.

<https://www.surveymonkey.com/results/SM-W5R7YMFC8/>

Collaborations

I collaborated with Amelia Woods and Run Manchester. Mrs. Amelia Woods, who was in charge of Run Manchester, was a highly valued asset to running Sweet Soles. While I do not know if the collaboration is able to continue next year, I hope that it will, as Run Manchester was a great help for Sweet Soles. Mrs. Woods provided helpful information, resources, and networking suggestions,

An additional collaborator I would like to work with in the future, and who has expressed interest, is Ms. Sarah McCaffrey, the High School and Middle School Cross Country Coach.

Fiscal Agent

The Fiscal Agent was Manchester Community Schools through Cherie Vannatter and Kevin Mowrer. Both have moved on from our school district. The program will need to be re-introduced to MCS new Manchester High School Interim Superintendent and Principal.

Sustainability

The sustainability plan is for the program to continue on an annual basis from Spring to Summer. The initial setup procedures are already in place and an outline of steps that need to be carried out is already in place. Next year I will be able to focus on developing the program further.

Sustainability over time is planned to be maintained by Paige Bourland (myself). When Ms. Bourland is ready to move on, sustainability may be achieved by passing responsibility to other community programs (e.g., MHS Cross Country or Track teammates) or perhaps as a Key Club program.